



Helbing King of Cross
Mühlberg / 30.10.2016

Detailed evaluation

Poschart, Kai

Club: bsg neo gera
Number: 1610

Course: 17.60 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:01:13

Speed: 8.71 km/h
Running performance: 6:53 min/km

Rank in course/Total: 209 (of 528)

Rank in course/Men: 196 (of 449)

Best time in course: 1:17:47

Rank in category: 47(of 101)

Best time in the category: 1:23:03